



**The ALBERTA PACIFIC ELEVATOR AGENT**

*...can give you the benefit of expert advice in the marketing of your grain*

## Its A QUESTION OF LOYALTY

Canada has the Loyalty of our Service men's a full loyalty freely given. No one can force it, nor buy it. But your country has it. YOU have it. Nor can they buy your loyalty, nor force it. You and you alone, can GIVE it

One effective way of giving your loyalty is to buy.

**WAR SAVING STAMPS and CERTIFICATES**

Buy as many as you can  
... as often as you can.

**THE Most YOU CAN LEND IS THE Least YOU CAN DO**

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**BREWING INDUSTRY OF ALBERTA**

## Say Soldiers' Wives Should Stay At Home

Ottawa, July 53 (CP)—Resources Minister Crerar said in the House of Commons that the government is taking action to prevent development of a condition like that after the first Great War when 50,000 soldiers' wives and other dependents had to be brought to Canada from the United Kingdom.

"Strict control" was being maintained over the movement of soldiers' dependents to the United Kingdom where they might seek to join the men overseas.

## Urge Immediate Stocking of Fuel

Red Deer, July 28—The price of wood in Red Deer is \$10.50 per cord. It is being urged that supplies of both coal and wood be stored by the householders.

Most of the business firms have already stocked up. Some of the householders have inadequate coal storage space for storing a full winter's supply.

It is hoped that the east coal mines on the Red Deer river will be able to deliver generous supplies. One householder has been waiting for a month already to get an order filled from one of the east mines.

The school division is getting all school bins filled early, with lump coal. Red Deer is fortunate in having these east river mines available.

## Local News

Postmaster S. W. Warren, is spending a few days in Calgary this week.

Mr and Mrs E. H. Targett, and son, Bryan spent the week end in Calgary returning Tuesday morning.

Miss Marie Gilpertson returned from Hanna, this week, after having visited with her sister, Mrs. McFalls.

## Gleichen Hail Storm Damages 1,500 Acres

Hail fell in the Gleichen district recently, causing considerable damage to crops in the districts west and north of town. It extended from a point between Stobart and Hammerhill to about six miles north of Gleichen.

Damage is estimated at from 20 to 50 per cent with the majority at the lower figure. The area affected amounts to about 1,500 acres.

Late wheat will benefit by rains which fell during the week when a total of 67 inches was recorded but many of the crops were too far advanced to be of much help.

## Medicine Hat Harvest Poor

Medicine Hat, Aug. 16—The Medicine Hat district crop outlook is reported very poor according to reports received from the surrounding districts. Harvesting is general, with seven persons taking the lead, but reports say that the crops are only yielding 4 or 5 bushels in that district.

This year's crop so far has shown to be the worst since 1937, with little prospects of any better conditions.

## HAIL DAMAGE

Hail has been general through the Ranchville and Eagle Butte districts, with some reports of 100 per cent "hail out." The hail was so big, farmers report that car windows were broken and cattle were bruised by the stones.

In the farming district south east of Medicine Hat, the sawdust has been doing heavy damage to the very sparse crops and farmers are reported to have been worrying about the weeds which have grown in the very thin wheat.

Most townships only expect a yield of 4 or 5 bushels, but the district around Cypress Hills reports the best yield of 7 to 8 bushels.

The grass in the district is very poor, but barley crops are known to be a little better. Most of the flax crops are not expected to be threshed because they are so late ripening.

## THIS WEEK'S SPECIALS

Post Bran Flakes	per pkt	23c
Liquid Amonia	per pkt	12c
Cattella Spaghetti	per pkt	23c
Ellisons Wheatletts	per pkt	15c
Royal Yeast	two pkts	18c
Cayate Pancake Flour	per pkt	31c
Meadow Sweet Lemon Pie filling	in	17c
Maxwell House Coffee	per lb	49c
Orchard City Peas & Carrots	tin	15c
Raymore Meat Sauce	per bottle	20c

**TIME TO PAINT!!**  
NEW STOCK JUST IN. COME IN AND PICK YOUR COLORS.

## BANNER HARDWARE AND GROCERY

## IMPORTANT ORDER REPAIRS NOW

Check All Your Farm Equipment Because Repair Parts are difficult to get and getting more difficult as time goes on. If you leave your ordering until spring, chances are you will be disappointed.

**DON'T DELAY**  
Ask Your Dealer For  
**I. H. C. & John Deere**  
**COOLEY BROS.**

Chinook, Alta.

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**Now..YOU can be a Fighting Airman in Double-Quick Time**

**The R.C.A.F. wants MORE Able-Bodied Men for Aircrew**

THERE'S a place actually waiting for you in the gallant band now flying and fighting in R.C.A.F. planes on many different fronts.

More men are urgently needed to increase the attack—to bomb and blast the enemy into unconditional surrender. So, whatever work you are now doing, don't let adventure and glory pass you by. It's your great chance. A job, even in a war factory, is no longer as essential as fighting in the air. This is a call to every young Canadian who can make the grade.

**Planes and Schools are Ready to Train You Quickly**

You will be in Air Force uniform right away. No more delay getting into aircrew. Basic training begins at once. Skilled instructors are waiting. Fast planes are waiting. If you are physically fit, mentally alert, over 17½ and not yet 33, you are eligible. You do not require a High School education.

**ROYAL CANADIAN AIR FORCE**

Recruiting Centres are located in the principal cities of Canada. Mobile recruiting units visit smaller centres regularly.

**Aircrew Needed Now for Immediate Training as**  
**PILOTS**  
**NAVIGATORS**  
**BOMBERS**  
**AIR GUNNERS**  
**WIRELESS OPERATORS (AIR GUNNERS)**

**Be Ready**

**THE ARMY**

**MUST FINISH THE JOB!**

**Picobac**  
It's a mild..cool..  
sweet smoke  
GROWN IN SUNNY SOUTHERN ONTARIO

## Youth And The War

**PUBLIC ATTENTION** Has frequently been drawn to the important part played by youth in the present war. The lightning pace of modern warfare appears to demand the strength and alertness of young men, and they are responding splendidly to the demands which are made on them at this time. Precedent has been broken many times recently by the appointment of men under twenty-five to posts as high ranking officers, and Canada and all the United Nations have already honored veterans and heroes of this war who are only twenty or twenty-one years of age. Youthful fliers who took part in the Battle of Britain turned the course of the war in 1940, and they have fought ever since for the air supremacy which has made possible the present great Allied offensive. Many of our young soldiers, seamen and airmen have lost their lives, others are disabled for life, and some are spending the long months of the war in enemy prison camps. They are giving their service with a bravery and determination which would in normal times be considered beyond their years and they deserve credit and honor for their deeds.

### Free Education For Army Men

There is full realization here of the contribution which the young men of Canada are making towards the winning of the war, and our post-war reconstruction plans include provision for returned service men to complete their interrupted educations or to receive special vocational training. At present much is being done to provide facilities for those in the services to improve their educations and there is also provision for young men in the army between the ages of seventeen and twenty-two to enter universities for courses in mathematics, physics and engineering. Eleven Canadian universities are participating in this plan, under which free tuition, board and room, text books and medical care are provided. Students benefitting by it must have the required qualifications for entering a university, and they must take military training. On completing their studies they are immediately eligible for officer training. There is also provision that should their courses be interrupted at this time, full credit for the work they have done will be given to them after the war.

### Advantages Of Plan Are Many

It is believed that while there are many who will be unable to take advantage of this opportunity because of the standard of education required and the age limits, there are a number of young men in the Canadian army who will benefit by it. The advantage of the arrangement to those who are able to take part in it will be many. It is well known that in the past, and especially during the depression period, many young men of ability were prevented from securing a university education because of the lack of necessary funds. The generous terms of this new plan will give the students a splendid opportunity to pursue their studies free of financial worries, and it will give them a foundation on which to re-establish themselves after the war. It is felt that this may be just the beginning of an effort to provide the young men of the fighting services with tangible evidence that their worth to their country is fully realized and appreciated.



### HEALTH LEAGUE OF CANADA CHEESE AS A MEAT SUBSTITUTE

These days you should use more cheese to replace the meat in your menus as it is a concentrated food, highly nutritious and stores well. On the market you will find Canadian cheddar cheese, sometimes called Canadian cheese, processed cheeses and those ripened by molds and bacteria. Today we will consider the cheddar cheese only as it is the least expensive and used most in cheese cookery. You can buy new, medium and old, depending on what flavour you desire. The nutritive value is the same for each, the cost increases with the age of the cheese due to the cost of storage.

Like milk, cheese is an almost perfect food furnishing protein in an efficient form, important building materials, calcium and phosphorus, vitamin A and the vitamin B complex. It also has a high fat content thus giving it a high energy value, one inch cube of cheddar cheese gives 100 calories.

When you are using the cheese just as a flavour or appetizer you should use the old cheddar as it has the strongest flavour. In your main dishes when you want the cheese to provide the energy and efficient protein you will need larger amounts of the cheese and so you will find the new cheese most economical.

Cheese is easily and completely digested if properly cooked or combined with other foods. It is a concentrated food rich in fat and protein, so it should be served or used in combination with high carbohydrate foods. Cheese is slowly digested because of this high fat content and as a result is often erroneously believed to be indigestible. When cooking cheese you should be careful not to overcook it as it becomes tough and rubbery and as a result is hard to digest. When properly cooked it has a spongy texture.

Store your cheese in a cool place and cover to prevent loss of moisture. Try this recipe on a day when you are not serving meat.

**CORN AND CHEESE CASEROLE**

1 cup canned corn 1 tablespoon melted fat  
1 cup bread or cracker crumbs 1 teaspoon Worcestershire sauce  
1 cup grated cheese 2 tablespoons chopped green pepper (optional)  
½ teaspoon salt 2 eggs

Combine all ingredients except eggs and milk. Beat egg yolks and add with milk. Fold in stiffly beaten egg whites. Place in a greased baking dish and oven-poach in a moderate oven (350 degrees F.) until set about 40 minutes. Serves 4 to 6.

For further cheese dishes write to the Western Division Health League of Canada, 111 Avenue Road, Toronto, Ontario.

**Drive out ACHES**  
JUST RUB IN  
MINARD'S  
LINIMENT

### COWBOYS USE PLANES

There's a new twist to the old western roundup—sky cowboys. Air-planes are being used to round up wild horses in a campaign supervised by the United States grazing service to rid southwestern Wyoming sheep and cattle ranges of the mustangs.

It is estimated that Canada will need 477,000,000 bushels of oats to meet export and domestic demand in 1943-44.

### Soil Composition

**Important Work Accomplished By Agricultural Chemists**

To the casual passer-by the soil of any farm may appear uniform but under the careful investigation of the soil scientists, startling differences may soon become apparent. There may be mineral deficiencies, some soils may be more efficient for growing certain crops than others, and again some soils may be of little use to the farmer unless they are treated with the proper amount of the necessary fertilizers. One of the aims of the agricultural scientist is to make the most efficient use of the soil by determining the treatments necessary to get the most production.

Most Canadian soils require large amounts of phosphoric acid, and where this is added in the form of super-phosphate much of it becomes tied up in such a way that plants cannot use it. This is called phosphate fixation. The study of how to improve the utilization of the phosphoric acid of superphosphates has been one phase of the work of paramount importance to Canadian agriculture carried out by the Chemistry Division, Science Service, Dominion Department of Agriculture. Under present war conditions, the study is of special importance, because the supply of superphosphates is limited, chiefly on account of the restricted amount of sulphuric acid necessary in its manufacture.

An investigation on the sources of phosphoric acid as a fertilizer is also another of the main objects of the Division. Basic slag (a by-product in the manufacture of steel) has received particular attention. Chemical tests have indicated that, as a result of a change in processing much more of the phosphoric acid of the slag becomes available, and the Division is now undertaking studies to determine the fertilizing value of this modified product. In view of the fact that the annual production of slag at Sydney, N.S., is expected to be about 125,000 tons, and also that there is a need for larger quantities of phosphate fertilizers in Canada, the employment of the open hearth slag would be an important aid to increased production, if it can be shown that it is a useful source of phosphorus for plants.

In addition to studies in connection with soils and fertilizers, the work of the Division of Chemistry includes investigations on animal nutrition, plant chemistry and foods. Chemical analyses are also made for projects conducted by other Divisions of Science Service and the Experimental Farm Service and analyses are made in connection with the administration of the Meat and Canned Foods Act and the Maple Sugar Industry Act. The main laboratories of the Division are situated at the Central Experimental Farm, Ottawa, and regional laboratories are maintained at the Dominion Experimental Stations at Kentville, N.S., and Summerland, B.C.

### American Bases

**Reported British Government Will Compensate Private Owners**

The U.S. state department has announced that the British government has offered to assume the cost of compensating owners of private property involved in the establishment of American bases on western hemisphere sites acquired from Britain in the destroyers-for-bases deal of September, 1940.

In the original agreement, providing for the transfer of 50 destroyers to Britain in return for 90-year leases on bases in Newfoundland, Bermuda, the Bahamas, Jamaica, Antigua, St. Lucia, Trinidad and British Guiana, the United States undertook to compensate owners of private property for loss.

In taking over the cost of compensating private owners, the British government assumes the burden of paying for properties appraised at approximately \$5,600,000.

**ALWAYS SPECIFY BURGESS BATTERIES**  
BURGESS BATTERY COMPANY

### Naval Board



Acting Paymaster Commander Joseph Jeffery, R.C.N.V.R., of London, Ont., has been appointed secretary of the naval board. Commander Jeffery succeeds Captain R. A. Pennington, R.C.N.V.R., who has been assigned to duties with the Royal Canadian Navy in London, Eng.

### New Anson Bombers

Owes Many Improvements To Canadian Aircraft Engineers  
There is plenty of skill and inventive ingenuity in Canada's aircraft industry.

Canada's new Anson bombers, the basically English bomber-trainer which has been re-designed for typically Canadian jobs and conditions, owes most of its changes and improvements to Canadian aircraft engineers.

An example is the windscreen on the new Anson V, designed by the engineering staff of the Canadian Car and Foundry engineering department at Amherst, N.S. The new windscreen is one of the new plane's major improvements, according to aeronautical engineers.

After a Canadian Car engineer designed the screen last fall, he went to Montreal for the fitting of it to the plastic demonstration fuselage that was used at that time in planning production of the new navigator's trainer. There he watched the exacting tests which led to its acceptance.

The first model was made by hand in the Amherst plant with George Henderson supervising the jig and basic structure and Cecil Stiles in charge of assembling.

The new screen is so simple to manufacture that the time saving over the old screen has been estimated at 75 per cent.

### Scientific Studies

**Clearing House For Information To Be Established**

A committee of scientists, representing the English-speaking countries, to act as clearing house for information and reports, is expected to be named soon by the governments concerned, it was announced at Washington by Sir John Anderson, member of the British cabinet, who is responsible for scientific wartime research in Britain. In time, he said, other countries may be invited to name representatives on the international committee and he expressed the hope it would continue its functions in the post-war period, uniting scientific studies and research efforts in peace as they are in war.

The idea of the committee was advanced by the Royal Society in London and the British government has passed along the suggestion to the governments concerned.

Sir John, who will go from Washington to Ottawa, came to North America to further scientific collaboration among Britain, the United States and Canada. He said remarkable strides have been made in this direction and with Russia as well.

### Found The Trouble

**Had A Bullet In His Head And Didn't Know It**

Abraham Friedman, 48, of Montreal, went to see a doctor after an injury sustained almost three weeks before had failed to heal—and had a .22 calibre bullet removed from his forehead.

Friedman told Detective Sgt. Bonnier that he was walking along St. Lawrence near St. Catherine street in the central section of Montreal late on the night of July 17, when he felt something strike him on the head. The resulting bruise over his eyes did not respond to home treatment and eventually became painful. Friedman went to see Dr. Benjamin Kolber who discovered and removed the bullet.

The U.S. gallon is 16% per cent. less than the British, or Imperial gallon.

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HIGHEST QUALITY AND TASTIEST FLAVOUR

Look for this package

**OGILVIE Cereals**  
OGILVIE FLOUR MILLS COMPANY LIMITED

### Recover Goods

**Found Red Cross Stores In Hands Of Foe In Sicily**

Among captured medical stores in Sicily, Canadian officials found some Canadian Red Cross supplies.

While clearing up captured hospital supplies from a warehouse in Leonforte about a dozen bales of pillowslips and sheets stamped "Canadian Red Cross Society, Quebec province branch," were uncovered.

They were sent to a Canadian general hospital in Sicily.

Maj. J. K. Bell of Sarnia, Ont., deputy assistant director of medical services, said: "It is pure supposition as to the source or reason of these stores being in enemy hands in Sicily, but there are two logical conjectures. The supplies may have been sent to our prisoners of war or to suffering people of the occupied countries such as Greece and transferred to Sicily."

### SMILE AWHILE

"Is old Angus a typical Scotsman?"

"Is he? He's saved all his toys for his second childhood!"

Bill—Did any one in your family ever make a brilliant marriage?  
Arthur—Only my wife.

Daughter—Daddy, dear, what is your birthstone?  
Daddy—I think it must be a grindstone.

"My son wants to be a racing motorist. What shall I do?"

"I wouldn't stand in his way."

He—Isn't there anything I can do to stop you from giving me the cold shoulder?

She—Sure; drape a sable wrap over it.

Daughter—Mother, I wish you would stop bossing Daddy around so much.

Mother—What's the matter now?

Daughter—Well, every time I get some nice boy interested in me he grows serious and asks me if I take after you.

Jagwell—What makes that hen in your backyard cackle so loud?

Wigway—Oh, they've just laid a cornucopia across the street, and she's trying to make the neighbors think she did it.

Then there's the story about the woman who, when she got on the street car with 10 children, was asked by the friendly motorman if they were all her children or if it was a picnic.

"Yes," she snapped, "they're all mine, and it's no picnic."

Tommy was meandering home—ward much later than his usual suppertime. A friend of the family who happened to meet him said: "Why, Tommy, aren't you afraid you will be late for supper?"

"Nope," replied Tommy, "I've got the meat."

One red rose met another red rose and said: "My, but you have been blooming a long time."

The other red rose replied: "Yes, and so have you. We're just a pair of long, red bloomers."

Buy War Savings Stamps Regularly.

### National Library

**An Institution Which Would Be Worth Of Canada**

In Ottawa the Parliamentary Library has grown until it is ready to burst its seams, and for want of room research is hindered. Books and documents which should be quickly available have to be sought for behind the doors.

The joint committee of the library of Parliament does well therefore to recommend the establishment of a national library, out of the 350,000 volumes now existing. It should be an institution worthy of Canada, her past achievements, her present status and her future greatness.

As patriots, our Parliament should have no hesitation in proceeding with this project on a scale commensurate with our national aspirations and our visions of the future.—Hamilton Spectator.

### GEMS OF THOUGHT

**SILENCE: ITS VIRTUE**

Silence never shows itself to so great an advantage as when it is made the reply to calumny and defamation.—Addison.

There is an eloquent silence: it serves sometimes to approve, sometimes to condemn; there is a mocking silence; there is a respectful silence.—La Rochefoucauld.

Silence is the safest respondent for all the contradiction that arises from impertinence, vulgarity, or envy.—Zimmerman.

No reproach is so potent as the silent lesson of a good example.—Mary Baker Eddy.

Silence is the element in which great things fashion themselves together; that at length they may emerge, full-formed and majestic, into the delights of life, which they are henceforth to rule.—Carlyle.

He knows not how to speak who cannot be silent; still less how to act with vigor and decision. Who hastens to the end is silent; loudness is impotence.—Lavater.

### GROW ON VINE

Norman Stewart, farmer at Reddickville, Ont., has a potato plant which has taken to sprouting the vegetable on the stalk. There are more than 30 potatoes on the one vine.

**for BURNS & SCALDS MECCA OINTMENT**

**PROTECT YOUR FOOD! APPLEFORD WAXED PAPER**





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Confectionary

ICE CREAM  
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from YOUR GROCERY, DRUG AND  
TO-ACCO STORES—ALSO RESTAURANTS  
BANKS AND POST OFFICES

We are pleased to report  
that Bruce Hutchison who had  
his leg broken some week's  
ago had the cast taken off on  
Tuesday, by Dr. Patten.

Mrs. A. E. Roberts who has  
been visiting at the home of  
her daughter, Mrs. Long of  
Three Hills for some time,  
returned today.

Miss Maxwell, daughter of  
Dr. Maxwell of Calgary, is the  
guest of Mrs. R. Morrison.

There was a bad hail storm  
in the Scotfield district on  
Wednesday afternoon.

**Buy  
WAR  
SAVINGS  
STAMPS**

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TOBACCONISTS  
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1 Registered Hereford BULL  
2 years old

5 young HORSES unbroken  
Apply to Chris, Davis  
Coltholme, Sec. 36 27 8-W4.

Mrs. C. B. Hittle left for  
Calgary on Tuesday night to  
visit with relatives.

Billy Burros of Lanfene, is  
spending a few days at the  
Milligan home this week

## TIME BOMBS

Women can be brain backers instead of nerve  
rackers; home-makers instead of heart breakers

The school that always advocates "self-express-  
ion" always seems to assume it is a good thing  
to express.

Some people seem to have an aim in life but  
never pull the trigger.

Great minds have purposes in view, others  
just have points of view.

Material things must be the servant of man's  
growth and not the master of his decay.

We all know what we expect of the army.  
Let's begin to see what the army expects of us.

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bours, providing Ration Book 2, and properly filled in application  
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member of a household may apply for new Ration Books on behalf of  
other members of the household, providing Ration Book 2 and properly  
filled in application cards, are presented.

On presentation at a Distributing Centre of your present  
ration book with properly completed application card,  
you will be issued your new Ration Book 3; and your  
present Ration Book will be returned to you.

Volunteer Workers are giving their time to serve you at the Distri-  
bution Centres. Help them by following these instructions carefully.

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ADDRESSES DATES HOURS  
Post Office, Chinook Aug. 25, 26 27, 28 A. to M. 9 a.m. to 5 p.m.  
C. N. R. Depot, Chinook 25, 26, 27, 28 N. to Z. 9 a.m. to 5 p.m.

### RATION ADMINISTRATION

THE WARTIME PRICES AND TRADE BOARD

## Department Of Labour



Humphrey Mitchell, Minis-  
ter of Labour, today announ-  
cing the call to military train-  
ing of married men, ages 27 to  
30 inclusive, and of all men  
who reach the age of eighteen  
this year.

This call, Mr. Mitchell stated  
is pursuant to a decision  
reached by a Cabinet Council.  
As in previous calls those in  
the classes mentioned will be  
required to present themselves  
for examination and, if found  
fit and accepted, they will  
train and serve in the Armed  
Forces in Canada and her  
territorial waters.

The Minister explained that  
the call covers all men not  
heretofore designated or al-  
ready under arms, and wheth-  
er their martial status, who  
were born in any of the years  
1916, 1915, 1914 and 1913. Sim-  
ilarly the call is to men born  
in 1925, save that none of these  
will be served with "Orders-  
medical" until he reaches the  
age of eighteen years and six  
months.

Arthur MacNamara, Direc-  
tor of National Selective Ser-  
vice, stated these "Orders-  
medical" to the men covered  
by the Minister's announce-  
ment will be mailed as rapidly  
as possible from the offices of  
the Registrars in the thirteenth  
Mobilization Divisions.

**What We Have, We Hold!**  
This fall and winter, the farmers  
of Western Canada will have to  
store a large proportion of Canada's  
grain stocks. The greatest danger to  
farm stored grain are moisture  
and insects. Uniformly dry grain  
is not subject to insect damage or  
spoilage.  
If trouble begins, however, the  
farmer's position is difficult because  
he rarely has accommodation or  
equipment for turning or cleaning  
large amounts of grain. Note the  
following precautions:  
1. Reject lumpy roots to exclude  
rain and snow.  
2. If possible have wooden floor  
with air space underneath.  
3. Much damage has resulted from  
concrete floors, but a covering of  
moisture-proof paper will help.  
4. Before filling granary, clean thor-  
oughly with dry straw, and  
sweep with damp swabber.  
5. Then sprinkle a little hydrated  
lime over the floor and sweep it  
about to fill all cracks.  
6. If granary was infested with  
mice or insects last year, give  
the entire inside a coat of white-  
wash made of 15 parts of lime  
per gallon of water, and allow  
to dry thoroughly before binning  
grain.  
7. Don't fill granary to roof, but  
provide all possible ventilation  
without allowing moisture to  
enter.  
8. Open bins or piles are risky. If  
unavoidable, they should be on  
well drained ground, and two or  
three feet of straw should be on  
the ground under the grain.  
Piles should be uniform cones. A  
covering of hay or straw may  
help, but should be removed be-  
fore warm weather arrives in  
spring.

Contributed by Dr. B. N. Sack-  
man, Head of Grain Committee  
for Canada, Grain Research  
Laboratory.

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your baking  
When ROYAL  
makes your bread  
On loaves sweet  
tender, tasty  
Your family  
is well-fed



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